



SCHOOL WELLNESS POLICY

The 8 Components of a School Wellness Policy	
1.	Has formed a Committee to develop a School Wellness Policy that includes parents, students, food service personnel, school board members, school administrators, and the public
2.	Has goals for Nutrition Education and Promotion
3.	Has goals for Physical Activity
4.	Has goals for Other School-Based Activities
5.	Has set Nutritional Guidelines for foods during the school day
6.	Has assured School Meals meet the requirements of the USDA
7.	Has established a Plan for measuring the School Wellness Policy
8.	Has designated at least one person as responsible for monitoring the School Wellness Policy

Suggestions on How to Meet the 8 Requirements!!!

REQUIREMENT # 1 – SCHOOL WELLNESS COMMITTEE

- *Wellness Committee* – form a committee that includes parents, students, food service personnel, school board members, school administrators, PE teachers, school health professionals and the public
- *Statement* – include a statement at the beginning of your policy stating who these members are and the area they represent
- *Update* – update your committee list on an annual basis

REQUIREMENT # 2 – SUGGESTED GOALS FOR NUTRITION EDUCATION AND PROMOTION

- *Classroom Teaching* - classroom based nutrition education that includes requirements that the subject be taught, follows standards, and/or addresses specified learning outcomes – integrate nutrition education into other subjects such as math, science, language arts, or social studies; have classrooms participate in one or more events that highlight nutrition education

- *Education Outside Classroom* - nutrition education that occurs outside the classroom, or that links classroom nutrition education to the larger school community, such as school gardens and cafeteria-based nutrition education
- *Teacher Training* - requirements for professional preparation or ongoing professional development for teaching nutrition; conduct staff wellness activities related to healthy eating habits and nutrition
- *Promotes whole grains, low/no fat dairy, and fruits and vegetables* - nutrition education that encourages the consumption of these targeted groups of food, such as displaying attractive, current nutrition education materials in the dining area
- *Community Education* – provide nutrition education to parents and community (send brochure or information home, post in newsletters, post on school website)

REQUIREMENT # 3 – SUGGESTED GOALS FOR PHYSICAL ACTIVITY AND PHYSICAL EDUCATION

- *Physical Education (high school graduation requirements)* - indicate whether physical education is required for graduation or the amount of physical education that is required to graduate
- *Physical Education (classroom format and instruction)* - the number of minutes per day or week that physical education is required; the number of days per week physical education is required; the intensity of physical activity during physical education class
- *Physical Education (teacher-to-student ratio)* - the number of students permitted per teacher for a physical education class
- *Physical Education (standards/requirements-based; curriculum requirements)* - the use of national or state-developed standards for physical education; the use of a specified curriculum for physical education
- *Physical Education (staff training/certification)* - requirements for professional preparation or ongoing professional development for teaching physical education
- *Physical Activity Outside of Physical Education* - number of days per week, minutes or hours per day, or classroom-based physical activities outside of physical education requirements
- *Recess to Promote Physical Activity* - number of days per week, minutes per day, or type of recess or free-play time during the school day and outside of physical education
- *PE and Physical Activity* - not withheld as a punishment; use as a reward in place of food
- *Extracurricular Activities* – offer and promote extracurricular physical activities, clubs or intramural programs
- *Walking or Biking to School to Promote Physical Activity* - safer routes to school for pedestrians and bicyclists, walk-to-school days, walking or biking safety policies
- *Community Education* – provide information and resources to help parents and the community incorporate physical activity into their lives (send brochure or information home, post in newsletters, post on school website)

REQUIREMENT # 4 – SUGGESTED GOALS FOR OTHER SCHOOL BASED ACTIVITIES

- *Marketing of Food and/or Beverages* – locations of food and beverage marketing activities and types of marketing permitted to students, strategies to increase the appeal of healthful food and beverage items
- *Sustainable Food Practices* - environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and non-disposable tableware
- *Access to Facilities for Physical Activity After School Hours* - access by students, families, or community groups to a school's physical activity facilities
- *After-School Programs* - physical activity or nutrition-related components of school-based programs for students that occur after school hours
- *Coordinated School Health Approach* - a model to guide school decision-making related to physical activity and nutrition that encompasses all aspects of the school, from education to staff wellness to addressing smoking and tobacco
- *Community/Family Involvement* - communications to families on health or nutrition topics; the involvement of family or community members in school health councils or taskforces
- *Staff Wellness* – physical activities and/or nutrition services or programs designated to benefit the health of the staff
- *Counseling, Psychological, and Social Health Services* – services, which safeguard the physical, emotional, and social well being of students
- *Health Services* - programs and services to promote the health of students and help to assure that students are healthy, in the classroom, and ready to learn

REQUIREMENT # 5 – SUGGESTIONS REGARDING THE NUTRITIONAL GUIDELINES FOR ALL FOODS

- *Nutritional Value of Foods and Beverages* – guidelines of foods or beverages that should or should not be made available to students; information made available to students and parents/guardians concerning nutrient content of food and beverages provided or sold
- *A la Carte, Student Stores, or Concession Stands* – establish guidelines for the types of foods or beverages or nutrient standards for items that may be offered to students from these venues; require that healthy food choices are available to students; place restrictions when these items are available to students
- *Vending Machines* – place restrictions when these items are available to students, establish guidelines for the types of foods or beverages or nutrient standards for items that may be offered to students from these venues (i.e. – majority of items consisting of water, nuts, seeds, dairy products, dried/packaged in own juice/fresh fruits, fruit juices made with no less than 50% juice, beverages with no more than 42 g of sugar per 20 oz serving, foods that contain less than 35% of total calories from fat)

- *After-School Programs, Field Trips or School Events* – establish guidelines for the types of foods or beverages or nutrient standards for items that may be offered to students from these venues; or require that healthy food choices are available to students
- *Parties, Celebrations, or Meetings* – establish guidelines for the types of foods or beverages or nutrient standards for items that may be offered to students on these occasions; or require that healthy food choices are available to students
- *Food Rewards* – prohibit the use of food as a reward or punishment
- *Food –Related Fundraising* – review and limit the use of food sales in schools; limit food sales until after the end of the last lunch period; encourage non-food fundraisers such as flowers, gift wrap, family fun events
- *Hydration* – provide students with sufficient access to water during the school day
- *Food or Beverage Contracts* – review agreements with food or vending companies who sell foods or beverages in schools to ensure that healthy choices are available
- *Community Education* – provide information to parents and the community concerning a variety of food items students could bring for a healthy lunch or snack (send brochure or information home, post in newsletters, post on school website)

REQUIREMENT # 6 – STATEMENT ABOUT SCHOOL MEALS PROGRAM

- *Statement* – include a statement that ensures all foods and beverages comply with USDA (set forth under 7 CFR Part 210 and Part 220) and state regulations; or meet the more rigid Healthier US School Challenge menu criteria
- *Portion Size* - the per serving amount of a food or beverage to offer to students
- *Access to School Nutrition Programs* – all children who require food are able to obtain it in a non-stigmatizing manner
- *Time and Scheduling for Meals* - time allotted for students to eat, and the scheduling of mealtimes to not interfere with students' participation in school nutrition programs; schedule recess before lunch
- *Surroundings for Eating* – the physical setting in which students eat; provide adequate seating in the cafeteria to accommodate students; provide adequate adult supervision in the dining area; have students participate in taste tests and/or surveys to obtain their input on school meals
- *Qualifications of Foodservice Staff* – requirements for professional preparation or ongoing professional development of foodservice staff

REQUIREMENT # 7 – PLAN FOR MEASURING THROUGH IMPLEMENTATION AND EVALUATION

- *Implementation* –a plan for executing the policy, including objectives, dates and person(s) responsible

- *Monitoring, Evaluation and Revision* - a plan for monitoring and evaluating the implementation phase, reporting on the status of the policy to schools, parents, or the community, and a process for making changes to the policy based on evidence of effectiveness

REQUIREMENT # 8 – STATEMENT OF PERSON RESPONSIBLE

- *Statement* – include a statement at the end of your policy stating who is the person responsible for monitoring your School Wellness Policy at each individual location